REGINA metro®

NEWS WORTH SHARING.

A gift from the stars

ISON, hyped up as the 'comet of the century,' may put on quite the cosmic show next month PAGES 4 & 5

THEY CALL IT PUPPY LOVE

IN NEED OF CHEER, SHANNON UNLEASHES BOXES OF K-9 JOY IN THE OFFICE PAGE 8

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Celebration in Rider Nation off and running

Pep rally. Downtown Regina venue packed and loud for opening of Grey Cup Festival

ROSS ROMANIUK
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It was almost as if they had the game-day victory already.

Hundreds of vocal, cheering and mostly green-clad Roughriders faithful jammed a large tent in downtown Regina on Wednesday to kick off five days of celebrations of their Saskatchewan team, which will vie for the CFL championship to cap it all off.

But after the trophy was carried by police onto the Mosaic Underground Tent's stage at the official opening of the 101st Grey Cup Festival, dignitaries pointed out that the week is about celebrating Canadiana, as well.

"We absolutely love the game of football," Saskatchewan Lt.-Gov. Vaughn Solomon Schofield told the crowd, adding that the province is "absolutely delighted to host the nation here."

Besides the launch of the Grey Cup festivities preceding the game at Mosaic Stadium, the event served as a sort of pep rally for Rider Nation.

"I can't think of a fan base anywhere in any sport that deserves that more," Gene Makowsky, a Regina MLA and former Roughriders offensive lineman, said of the potential for Green and White supporters to have their team win the title on home turf.

"Show our guests from outside the province a great time. Show them what Saskatchewan is all about," Makowsky said, to raucous cheers.

"If things go right on Sunday, I hope to see you all out on the Green Mile celebrating after the game."

Riders president Jim Hopson said the participation of the Saskatchewan squad in the Grey Cup game is the realization of a dream that began two years ago when organizers started planning to host the event.

"And I have to tell you," he said, "that dream has been fuelled over the last two years by the love and the passion of Rider Nation."

Mark Cohon, commissioner of the Canadian Football League, called Saskatchewan the "heartland" of the circuit that will expand from eight to nine franchises next season.

"Last year, everyone was saying, 'The 100th Grey Cup — how are you going to top that?'" Cohon told the audience, referring to the 2012 game in Toronto.

"And I simply said, 'Celebration in Rider Nation.'"

Hamilton Tiger-Cats head coach Kent Austin, left, and Saskatchewan Roughriders head coach Corey Chamblin respond to questions during a news conference in Regina on Wednesday. Inset, the Grey Cup Festival is launched by CFL commissioner Mark Cohon at the Mosaic Underground Tent in downtown Regina. PAUL CHIASSON/THE CANADIAN PRESS; INSET: ROSS ROMANIUK/METRO

NEWS 1

Another green-jersey team in Saskatchewan spotlight

Star treatment. Young First Nations lacrosse players honoured at legislature for titles

ROSS ROMANIUK
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There's more than one sports team wearing green while garnering recognition and tributes in Saskatchewan.

After Green Day was declared this week for the Saskatchewan Roughriders across the province, a championship team of young First Nations lacrosse players was given star treatment of its own at the legislature in Regina.

And the peewee players aged 11 to 13 from Standing Buffalo Dakota Nation, about a 45-minute drive northeast of the Queen City, were on hand Wednesday for the occasion.

"I was proud and honoured to introduce them and acknowledge them in the legislative assembly," MLA Mark Docherty of the governing Saskatchewan Party told Metro after reading aloud the name of each of the children on the team.

"I wanted it in Hansard for the historical record forever."

The team was lauded for its stunning and inspiring victories this past summer, overcoming very long odds to win what's said to be the first Saskatchewan box lacrosse championship for a squad based at a reserve.

The peewee-A Fighting Sioux team won it right after taking a Regina city title and a victory in a major Calgary tournament — three gold medals within weeks — and despite having only a gymnasium to practise in.

Docherty, a former lacrosse player who learned of the team's victories by reading a Metro article on them months ago, decided to pay tribute to its players and coaches.

"He saw the story in Metro and called me," said Russ Matthews, the team's coach.

"The kids felt important. It was really cool," Matthews added of their moment in the government's spotlight. "It's really good for them."

MLA Mark Docherty, back row left, joins coach Russ Matthews, back row right, for a photograph with the Standing Buffalo Dakota Nation peewee lacrosse team and staff at the Saskatchewan legislature on Wednesday. COURTESY MARK DOCHERTY

A few dozen parents and grandparents of the players turned out, as well.

NDP deputy leader Trent Wotherspoon also made complimentary remarks in the house about the team.

"It's very exciting," Docherty said.

"It's an amazing achievement, and the province should be very proud of them."

Sask. highway speeding not slowing down

Highways and Infrastructure Minister Don McMorris speaks on Wednesday. MARCO VIGLIOTTI/METRO

New photo-radar systems and steeper speeding fines do not appear to be deterring Saskatchewan drivers from ripping through road construction zones.

According to statistics released by the province on Wednesday, more than 1,700 speeding tickets were issued through the photograph-enforcement system contracted by the government between August and November — including 31 for speeds in excess of 100 km/h.

"I don't have anything to base it on. This is the first year that we've had photo-radar," Don McMorris, minister of highways and infrastructure, said in Regina when asked whether he had expected that many tickets to be issued.

"It could have been higher had we not done the education. I sure hope it will be lower next year."

In November 2012, the government tripled the base fine for speeding in a construction zone to $210.

The province also installed three photo-radar systems this past summer, randomly, in highway work zones.

Despite the number of offences, McMorris said drivers are "starting to get the idea of the construction zone" and slowing down.

"We don't necessarily have a strong baseline on the fines that have tripled, (on) whether that's reduced the number of people speeding," he added.

"We've put more emphasis on it, so you're automatically going to be picking up more people."

Revenue from the tickets will be directed toward the provincial government's general revenue fund.

McMorris announced, as well, a completion of 464 kilometres of roadwork on Saskatchewan highways during this past construction season.

Some of the high-profile projects have included a dividing of a highway between Saskatoon and Prince Albert, a new overpass at the Trans-Canada Highway on Regina's west side and 22 bridge and culvert upgrades.

MARCO VIGLIOTTI/METRO

Limited edition T-shirt

Sheepdogs show their Rider pride

Supporting the Saskatchewan Roughriders and raising money for a good cause, that's the idea behind a limited edition T-shirt being sold by Saskatoon rockers The Sheepdogs — who are headlining the Grey Cup halftime show this Sunday.

The shirt, which uses the signature "S" and font of the Saskatchewan Roughriders to spell out the group's name, will be sold at the band's Grey Cup pre-game events and online, with all proceeds going to the Children's Hospital Foundation of Saskatchewan.

At $30 apiece, the shirt design has already been well received. The band's bassist, Ryan Gullen, said 120 shirts were sold in the first two hours they were available.

"We just wanted to celebrate the fact that we're playing at the Grey Cup," he said in a phone interview on Wednesday. "Obviously we're big Rider fans, so we just wanted to do something cool for that."

He explained the band chose the foundation as the recipient of the funds because once completed, the hospital would help families across the province.

"We wanted to support something that is in Saskatchewan and benefits Saskatchewan," he said.

President and CEO of the Children's Hospital Foundation of Saskatchewan Brynn Boback-Lane told Metro she is thrilled with the contribution.

"This really does celebrate the 101st Grey Cup, but it also celebrates the health and well-being of our children in the province of Saskatchewan."

While the Government of Saskatchewan has committed $226 million for the construction of the project, the Children's Hospital Foundation is currently working to raise a minimum of $25 million for equipment, research and patient care services. MORGAN MODJESKI/METRO IN SASKATOON

New bill to prevent the sending of 'intimate images' without consent

Cyberbullying casualties. Canadians have been touched by suicides of Todd Loik in Saskatchewan and Rehtaeh Parsons in Nova Scotia

The Conservative government has introduced a wide-ranging bill designed to make it illegal to distribute "intimate images" without consent and easier to get such images scrubbed off the Internet.

The proposed law includes tentacles that touch on everything from terrorism and organized crime to stealing cable TV — measures Justice Minister Peter MacKay said are necessary due to the digital nature of the crimes.

"This is the type of crime that really knows no borders," MacKay said Wednesday as he and Public Safety Minister Steven Blaney announced the legislation.

"Once (an image is) on the Internet, once it's been uploaded, it has the ability to go viral. We need to also empower the police to have the tools to track and preserve and present information (to the courts)."

If passed, the legislation would also give courts the power to seize computers, cellphones and other devices used in the offence, and to help victims recoup part of the cost of removing the images from the Internet.

It would also compel the spouse of an accused person to testify against the accused in court.

Several hundred people attend a community vigil to remember Rehtaeh Parsons at Halifax's Victoria Park in April. Parsons ended her own life following months of bullying after she was allegedly sexually assaulted by four boys and a photo of the incident was distributed. ANDREW VAUGHAN/THE CANADIAN PRESS/FILE

The legislation defines an "intimate image" as one that "depicts a person engaged in explicit sexual activity or that depicts a sexual organ, anal region or breast."

The government bills the legislation as part of its commitment to help put an end to the kind of online exploitation and harassment that has led a number of Canadian youth to take their own lives in recent years.

THE CANADIAN PRESS

Rationale

The bill is here to help: MacKay

Justice Minister Peter MacKay said it's clear that cyberbullying and online harassment can destroy lives, and that the government has an obligation to make the penalties and consequences more serious for perpetrators. The bill closes a "gap" in the Criminal Code and modernizes the law to take into account the prolific distribution of images and words over the Internet, and the resulting impact on young people, he said.

Youth say online slurs common, but not OK: Poll

A poll released Wednesday shows that young people are coming around to the idea that it's wrong to contribute to online slurs. ISTOCK

Most young people say they aren't very offended about the slurs and mean-spirited videos mocking overweight people or gays or blacks that they encounter on social networking sites like Facebook and Twitter.

"You can't let those things get to you," says 15-year-old Vito Calli, an immigrant from Argentina whose online friends tease him with jokes about Hispanics.

In a notable shift, however, young people are coming around to the idea that it's wrong to contribute to this ugly side of the Internet free-for-all, a poll released Wednesday shows.

A bare majority, 52 per cent, of people ages 14 to 24 now say it's never OK to engage in discriminatory language, even when it's just among friends who don't really mean it. That's up from 44 per cent in 2011.

A stronger majority — nearly six in 10 — say using slurs is wrong, even if you say you're "just kidding." Only about half were so disapproving two years ago. Meanwhile, the share of young people who come across slurs online has held steady, according to the new poll from The Associated Press-NORC Center for Public Affairs Research and MTV.

More than half of young users of YouTube, Facebook and gaming communities say they sometimes or often encounter biased messages. Teens and 20-somethings say these slurs and taunting images they see online are mostly meant as jokes.

"Sometimes I make a couple of jokes that might be offensive to someone and I don't even realize it," said Calli of Reading, Pa. "You forget there's a person behind the computer with actual feelings."

Because a friend chastised him, the high school sophomore has tried to stop labelling anything uncool either "gay" or "retarded." He's finding that a difficult habit to break.

THE ASSOCIATED PRESS

Did you know 72% of pain sufferers regularly have trouble sleeping?
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For sleep tips & more visit sleep-centre.ca
TYLENOL NIGHTTIME

COSMIC GIFT: THE SNOW

A galactic visitor, travelling hundreds of thousands of kilometres an hour, will soon catapult around the sun and — if it lives up to all the hype and survives the journey — may give us the show of a lifetime; an early Christmas gift from the cosmos. Discovered just over a year ago, ISON has the potential to be the 'comet of the century,' lighting up the night, perhaps even visible during the day, as it streaks across the sky on its way out of our solar system.

DEAN LISK
Metro in Toronto

When it comes to outer space, and how things get from Point A to Point B in the universe, comets — with their elongated orbits — open up a world of wonder.

"Some ideas tend to return, like the comets themselves," says Dr. Sara Schechner, author of Comets, Popular Culture, and the Birth of Modern Cosmology, and curator of the Collection of Historical Scientific Instruments at Harvard University.

"We went from a period where everyone was afraid of them, to a period where they were viewed as too small to hurt us, and now we are back to, 'We better be watching out for them.'"

Schechner says some in the scientific community have suggested comets may have been responsible for both life and death, speculating they brought the building blocks of life — water and organic chemicals — to Earth and were also responsible, through collisions, for climate change and extinctions.

"When I am reading this in some of the scientific literature it resonates with some of the older beliefs," says Schechner, who adds that for thousands of years, anything not planned — like the sudden appearance of a comet — was greeted as an omen.

"People thought of comets as having a divine purpose," says Schechner. "Some thought they were divinely created and appeared in the sky when God wanted to send people a message about what they should be doing, or as a warning, or to announce a big event. And it could be a good event, but mostly they were terrible things, like a plague, the death of your king, war, revolution."

Others thought comets were the result of elements excreted from the earth that caught fire in the sky and caused terrible things to happen, such as a bad harvest or disease. "If you breathed in anything from them, you could come down with the plague. They caused revolution because they were hot and dry and kindled anger in people.

"People at the time didn't think of them as some kind of dirty snowball hurling around."

So what is a comet? Basically, they are big, dirty snowballs. That is what scientific enlightenment, starting with Isaac Newton, Edmund Halley and others, has taught us. Its birth takes place in the Oort cloud, a hypothesized area roughly a light-year from our sun, says Robyn Foret, an amateur astronomer with the Royal Astronomical Society of Canada.

The cloud may seem far away, but it is close enough on a galactic scale that gravitational forces from our sun — and even other stars — have an impact, forcing dust, water and gases to clump together to form a nucleus, Foret says. Eventually, gravity may also send it falling toward our sun — like Comet ISON, which is about to journey behind our biggest star.

"So, if you can imagine this clump of water, ice and different gases and dust falling towards the sun, as it gets closer to it, it starts to warm up a bit," he says, adding the lighter gases will escape from the nucleus, and form a coma — a fizzy glow — around the object. As the comet travels closer to the sun, it heats up even more. The ice begins to evaporate and a tail will start to form as more gases and dust escape.

Schechner says it was Newton and Halley who really showed comets were part of our solar system and not supernatural at all. Still, they didn't leave all the old superstitions behind.

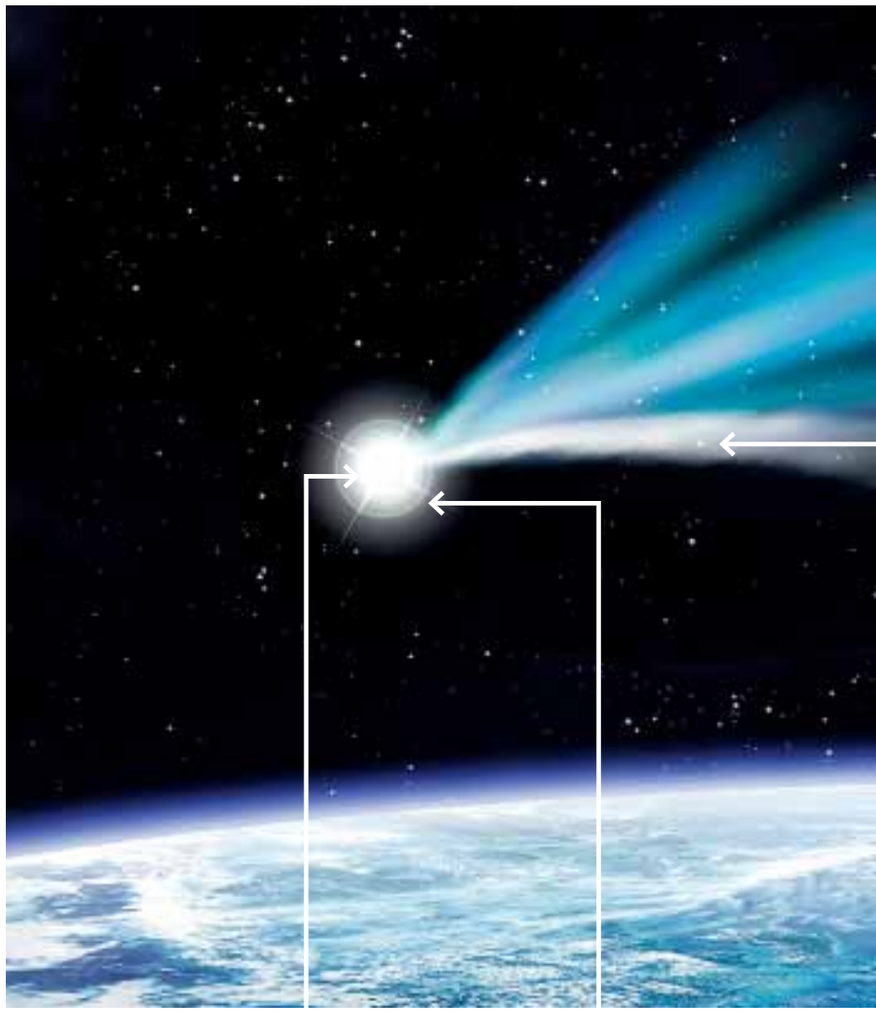
"They were too good to get rid of," she says. "Newton says, 'Well, when a comet passes, its tail replenishes this vital spirit necessary for respiration and life on Earth. And, comets are dropping off supplies of water, without which the Earth would just dry up."

Schechner says Newton and Halley also speculated comets could cause the end of the world in various ways and were responsible for earlier upheavals — something modern scientists also examine.

"They aren't thinking of it in terms of omens, they are thinking of it in terms of physics," she says. "But they don't think it's some preordained plan."

Name that comet

ISON is named after the Russian-based organization that discovered it: The International Scientific Optical Network.



Not sure what you are looking at? Robyn Foret, an amateur astronomer and chair of the education and public outreach committee of the Royal Astronomical Society of Canada, breaks down the anatomy of a comet.

Nucleus

The dirty snowball, the nucleus is made up of dust, ice and gases. "The nucleus can be anywhere from three to 30 kilometres. Someone coined the phrase that it's a 'city-sized object,' and I like that, because cities come in different sizes. You can relate to the size of a city," says Foret.

Coma

The coma, formed by the loss of gas and dust, appears around the nucleus as it nears the sun. It can be tens of thousands of kilometres in size. "In the early days, ISON was losing 60,000 pounds of dust every minute," says Foret.

Timeline

Comet culture

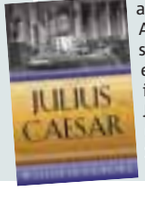
The history of comets makes for some interesting reading, with beauty, tragedy and intrigue. Here are some highlights from popular culture, including some of author Sara Schechner's celestial favourites.

28 million years B.C.

Diamonds. Scientists recently announced they believe they discovered evidence a comet crashed into the Sahara Desert in an area bordered by Egypt and Libya roughly 28 million years ago. The proof, they reported, was a black pebble that contained small diamonds created by the impact.

43 B.C.

Caesar. A comet was seen after the killing of Julius Caesar. "His adopted son, Augustus, who succeeded him, exploited it, saying it was a sign of Julius's soul taken up into heaven," Schechner says.



1066

Omen. The Bayeux Tapestry, which commemorates the Norman conquest of England, includes a depiction of Halley's Comet. People are seen warning King Harold the comet is a bad omen. Below the comet is a depiction of a fleet setting sail to invade England.

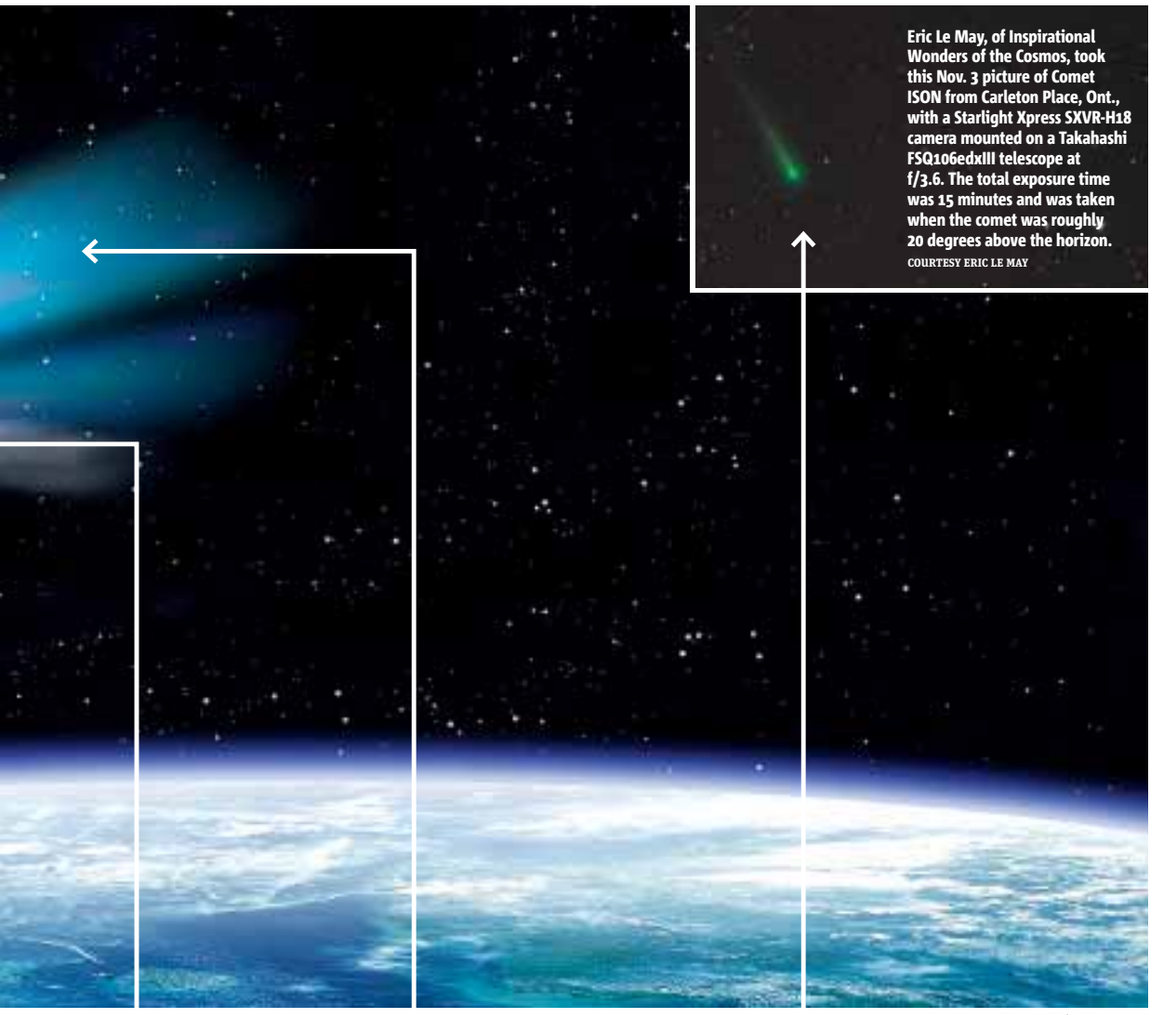
1577

Brahe. A bright comet, seen across Europe, was observed by a number of enlightened minds, including Danish astronomer Tycho Brahe. His observations showed theories about the order of planets, moons and objects in our solar system were wrong and had to be rethought.

1680

Sungrazer. Called a Great Comet (there have been a few) and seen in daylight, this comet was seen by Isaac Newton and Edmund Halley and helped them to prove comets were part of the solar system. Like ISON, it was also a sungrazer and had a very long tail.

BALL COMETH



Eric Le May, of Inspirational Wonders of the Cosmos, took this Nov. 3 picture of Comet ISON from Carleton Place, Ont., with a Starlight Xpress SXVR-H18 camera mounted on a Takahashi FSQ106edxIII telescope at f/3.6. The total exposure time was 15 minutes and was taken when the comet was roughly 20 degrees above the horizon.
COURTESY ERIC LE MAY

PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; ISTOCK

Ion tail

Formed of lighter gases, dust and evaporating ice, the ion tail is pushed away from the nucleus by the sun's solar winds. "Regardless of the path of the comet, that gas tail will always be directly opposite the sun," says Foret, who adds the tail can be millions of kilometres long.

Dust tail

Heavier dust particles left behind by the comet will create the dust tail, which will follow the orbit of the comet. "It is like you are driving down a dirt road and there is a cloud of dust that settles behind you," says Foret. If the Earth's orbit passes through this tail, the result is a meteor shower.

Feeling the heat

ISON will pass closest to the sun on Thursday, Nov. 28.

ISON is set to pass about 1.8 million km away.

- **This is called the perihelion.** Foret says the sun is about 1.4 million kilometres in diameter and

- **One time only.** While some comets return after a short number of years, others, like ISON, will be flung out of our solar system.

ISON

The 'comet of the century'

ISON has caused a lot of interest in the astronomical community since it was discovered in September of last year. When it was first discovered some 700 million kilometres away, it appeared brighter than most comets do at that distance from the sun. This had astronomers theorizing it may become one of the brightest objects in the sky when it passes, and might even be visible in daylight.

"It might be the greatest object I will have seen in my lifetime up to now," says Gary Boyle, an amateur astronomer based near Ottawa. "The hype really has been strong in the astronomical community and is based on the idea of a naked-eye comet seen during the day that could be brighter than the full moon. But, with more observation, it may not be that bright — as in being able to be seen during the day — but it will be a fantastic comet."

How to see it

1 Telescope: You will be able to see the head of the comet, the nucleus — the brighter part in the middle — and only a portion of the tail.

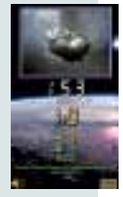
2 Binoculars: You will see less detail than with a telescope, but because it will magnify the comet less, you will get a wider view, and see more of the tail.

3 Naked eye: As the comet gets closer, and depending on its brightness, you will be able to see it without any help. Unlike a solar eclipse, this is one celestial show you can watch.

WARNING: Do not look at ISON with binoculars or a telescope when it is in close proximity to the Sun, as an accidental glimpse of the sun through either will cause permanent eye damage.

Where to see it

- **Look east in the morning and ISON can be seen very briefly low in the sky.** It will soon pass below the horizon and out of view as it makes its journey behind the sun.
- **If it survives its trip around the sun, ISON will reappear in the eastern sky starting around the early morning of Dec. 9 or 10.** As the month progresses it will be visible in the western sky at night. It will come closest to Earth — roughly 85 million kilometres away — around Dec. 26.



- **Need some help?** Longpaw has created Comet ISON 2013, an iTunes and iPad app featuring a countdown clock, videos, data and charts. Distant Suns has created Comet Watch, where you can use your Apple device to help locate the comet in the sky. ISON C/2012 S1 Finder is an Android app that will also point out the comet in the sky.

1682

Halley's Comet. This was the year that Halley identified the short-period comet that bears his name, and also worked out that the comet would be visible from Earth every 75 to 76 years. The comet last passed in 1986 and is expected to return in 2061.

1744

Multi-tail-ented. A comet with six — yes, count them, six — tails was seen in the sky. "I would have loved to have seen that," says Schechner. The comet was observed in Europe and also in New England.

1843

Millerites. "The Millerites, a religious sect in New England, believed the end of the world was going to be predicted by a meteor storm and that a big comet would come.... And, wouldn't you know it, a big comet did come," says Schechner. "They prepared for the second coming, but obviously that didn't happen."

Mid 1980s

Films. Halley's Comet's visit in 1986 was heralded with two disaster-predicting films. Lifeforce (1985) featured a vampire-carrying space ship in the comet's coma, while Night of the Comet (1984) found the world's population wiped out by a comet; with the exception of, like, two Valley Girls.

1994

Drops on Jupiter. In a spectacular scene, Comet Shoemaker-Levy 9 broke apart and crashed into Jupiter. This was the first time a comet collision was observed by scientists as it happened, and offered an unprecedented opportunity to collect data.

1997

Hale-Bopp. "Probably the most beautiful (comet) I have seen in my life is Hale-Bopp," says Schechner. "It was very beautiful, very nice." The comet also gained notoriety because members of the Heaven's Gate cult committed suicide as it passed, believing they would reach a UFO travelling in the comet's tail.

The Duffy scandal: Now RCMP say PM's ex-aide broke the law

That $90,000 cheque. 'My actions were lawful,' Nigel Wright says as Mounties issue explosive new findings

Prime Minister Stephen Harper's former chief of staff is facing fresh allegations he broke the law by cutting a $90,000 cheque to Sen. Mike Duffy.

But Nigel Wright is fighting back with a statement that insists he was only acting in the best interests of taxpayers and he did nothing wrong.

A new document from RCMP Cpl. Greg Horton says Nigel Wright "did, without the consent in writing of the head of the branch of government, pay a reward or confer an advantage or benefit on Mike Duffy."

Horton also says Wright and Duffy "did commit breach of trust in connection with the duties of their offices," contrary to a section of the Criminal Code.

The documents also indicate Wright told the Mounties that Harper was unaware of his decision to personally pay back Duffy's ineligible expense claims.

In a statement issued by his lawyer, Peter Mantas, Wright denies all wrongdoing. "My intention was always to secure repayment of funds owed to taxpayers," the statement reads.

"I acted within the scope of my duties and remain confident that my actions were lawful. I have no further comment at this time."

THE CANADIAN PRESS

Nigel Wright allegedly wrote: "We are good to go from the PM." SEAN KILPATRICK/THE CANADIAN PRESS

New RCMP filings

Who to believe?

Nigel Wright went to Prime Minister Stephen Harper for approval of a secret plan that would have seen the Conservative party repay Mike Duffy's expenses, new RCMP documents suggest.

But when the party balked at Duffy's $90,000 bill, Wright stepped in to pay the bill himself — apparently without Harper's knowledge.

Harper has called that a "deception."

But new RCMP court filings quote Wright as getting a green light from Harper. THE CANADIAN PRESS

New blow to Rob Ford? A class-action lawsuit

Ford has tarnished the city's brand, lawyer says. CHRIS YOUNG/THE CANADIAN PRESS

A new website has been launched to recruit claimants for a class-action lawsuit against disgraced Toronto Mayor Rob Ford.

The site claims he was negligent and acted in bad faith in his role as mayor.

"I'm sick and tired of it. Enough is enough. I can't handle it any more. I can't sit on the couch and do nothing," said Toronto lawyer Jose Rodrigues, who launched stoprob.org.

"I'm trying to gather forces and move it ahead."

To proceed to court, the claim would need to have a lead plaintiff and then be approved by a judge.

In a draft statement of claim posted on the website, Rodrigues, a fresh graduate from the University of Ottawa law school, is seeking $5.2 million in total damages — approximately a dollar for each Toronto resident in general plus a dollar each in punitive damages.

The plaintiffs will include residents of Toronto "whose reputation has been negatively impacted by the defendant's admission to smoking crack cocaine coupled with his refusal to resign."

Within 30 minutes of the launch of the website, Rodrigues said "dozens" of people signed up as potential plaintiffs to represent other Torontonians in the planned action.

Rodrigues hopes to file it next week.

TORSTAR NEWS SERVICE

High-value brand

Rodrigues, 28, articled in the federal justice department and specializes in civil litigation.

- **Value.** He says the Toronto "brand" is an essential asset of the city, worth millions of dollars. Fords "drunken stupors" tarnish the value of the brand, he says.

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Rail firms told:

Towns must get danger alerts

Months after the train disaster in Lac-Mégantic, Que., the federal government is forcing rail companies to tell municipalities when they take dangerous goods through.

But the information won't flow until well after dangerous substances in question have rolled through town. Transport Minister Lisa Raitt hopes it will result in better communication.

THE CANADIAN PRESS

Street View

Google launches a walk in the park

Parks Canada has teamed up with Google to offer virtual tours through more than 70 parks and historic sites across the country.

Google Street View can now be used to explore the likes of Banff National Park, the Rideau Canal and Halifax Citadel national historic sites, Green Gables Heritage Place and Emerald Lake in Yoho National Park.

THE CANADIAN PRESS

Judge accused

Panel quits in nude photos case

A panel investigating a Manitoba judge over nude photos has resigned en masse, potentially putting the investigation back at square one.

A committee of the Canadian Judicial Council has been examining Manitoba Queen's Bench Justice Lori Douglas, who faced a complaint in 2010 that she had sexually harassed a man named Alex Chapman.

THE CANADIAN PRESS

Mark Darcy and Bill Cosby paved the way for the ugly sweater trend. These days savvy entrepreneurs are cashing in on the hipster trend of wearing an icky Christmas sweater. Holiday Rejects Apparel co-owner Adil Hooda, left, and manager Jack Hsu show off some of the tacky knitwear they are selling this season. STEPHANIE DUBOIS/METRO IN EDMONTON

Don we now our ugly apparel, fa la la la

Deck Canadians with hideous sweaters. 'Tis the season to be jolly, while wearing a garish, intentionally awful top

STEPHANIE DUBOIS
Metro in Edmonton

Coloured lights, pompoms and sequins can be found all in one place this year: On an ugly Christmas sweater.

Holiday Rejects Apparel has what they consider the tackiest sweaters in Edmonton.

"Some people like outrageous, and there's some people who like a little more wintry, but for the most part I have been noticing a lot of people like the big knits," said co-owner Adil Hooda, adding one of the ugliest sweaters in the booth is a red knit with furry green circles made to look like a Christmas tree.

What began as an online store last year grew to become retail stores in Edmonton and Calgary this season, after Holiday Rejects Apparel realized people wanted to try on the tacky sweaters before buying.

Starting at $30, the kiosk has sweaters and vests with most of the Christmas season classic characters, including one with a knitted reindeer and another with sequined nutcrackers.

"Everybody has their own Christmas sweater for them, it's just a matter of digging through them, trying some on. It's always a fun time selling people an ugly Christmas sweater," said Hooda.

Canadians can purchase a sweater at holidayrejects.ca.

Random biz fact of the day

3

At least half of all job seekers with smartphones or tablets spend three hours or more looking for jobs on those devices every week.
CAREERBUILDER

Market Minute

DOLLAR
95.72¢
(+0.22¢)

TSX
13,430.01 (-12.76)

OIL
$93.33 US (-1¢)

GOLD
$1,258 US (-$15.50)

Natural gas: $3.68 US (+8¢)
Dow Jones: 15,900.82 (-66.21)

iKeg. How much beer is left in that keg? Now there's an app for that

Beer servers can find out in real time how many pints of their customers' favourite brews are left with the help of an app on their smartphones or tablets.

Steve Hershberger, CEO of SteadyServ Technologies, says he wants to eliminate the guesswork of how much beer is left in kegs to help bars and restaurants keep track of their inventory with his iKeg system, which has a sensor and an app.

"How much beer is left in a keg due to guessing and shaking?" asks Hershberger, who's based in Carmel, Ind., and is courting beer distributors, breweries, bars and restaurants.

"You can't see inside the keg. It's this heavy and unwieldy thing."

Hershberger estimates there are about 20 pints of beer left unsold in each keg, wasting thousands of litres of beer.

A new app aims to help bar staff know when beer is running low. DAVE MARTIN/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Hershberger's iKeg system uses a sensor that goes under a beer keg to keep track of how many pints are left through changes in pressure. The information is sent wirelessly to the app.
THE CANADIAN PRESS

Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 14

metronews.ca/temp

Family planning

Workers feeling those baby blues

Having children is a big commitment that costs both time and money.

Temporary workers who can't earn a stable income and have no set work schedule often delay starting a family, according to United Way Toronto and McMaster University's "It's More than Poverty: Employment Precarity and Household Well-being" report.

The study also found that those in temporary employment are less likely to have children living at home compared to permanent workers.

Among those aged 24 to 53, 34 per cent of permanent workers have children living at home, compared to 20 per cent for temporary workers.

PHOEBE HO/FOR METRO

GETTY IMAGES

Temp Makes Lemonade from Lemons

OK, the nice thing about being a temp is that if you screw up, you leave, but you were going to leave anyway, so it's no big deal. I suppose this is true for anybody with a job, but for temps it's just more out in the open.

After almost no sleep I arrived at work only to find gossip and fear-mongering. The worst gossip was that Danimal was in a coma, when, in fact, he was in a $20,000-a-day hotel with a slightly collapsed left lung and an unhelpful feeling-sorry-for-himself attitude. Sarah No. 1 walked up to me at my desk and said, "I guess we were all behaving badly yesterday."

I was incensed: "I was doing no such thing! I was there just to listen to Dan vent about the warehouse fire! You're the one who got a room."

Sarah winked at me. "Have it your way. Here's a pile of files that need alphabetizing."

Ugh. I decided my day desperately needed some cheer, so I phoned my sister's friend who breeds golden labs. We had a quick chat, and just before lunchtime, she arrived with two blue plastic storage tubs filled with puppies. I ushered her into the admin area. In a loud crisp voice I shouted, "Oh no! There's been an explosion!"

Everyone looked stunned ...

"That's right — an explosion of cute! Hilda, release the hounds!"

Ahhh ... the puppy bomb — is there any greater experience in life? Eighteen chubby bundles of YouTubeable romping joy demanding nothing except unconditional love — and snacks. Everybody got down on the floor, and it took only a minute for people to learn that the person with the most food is the one who gets the most puppy, so in came the lunch bags. I was proud to have brought even the smallest dab of joy to the otherwise dreary lives of the soon-to-be-fired full-time staff. Yes, I was proud of myself for firmly turning the day around.

Ahhh ... the puppy bomb ... Eighteen chubby bundles of YouTubeable romping joy demanding nothing except unconditional love — and snacks.

The icing on the cake? Outside the building there was a Zombie Walk with about 200 kids dressed in their finest living dead, headed to a political protest starting outside AmQex next door.

And that's when two things happened: A massive bus, like Bon Jovi on tour, pulled into the parking lot and 50 Chinese people emerged holding measuring tapes, string and clip boards. Then half a minute later about 20 cops arrived to shut down the AmQex protest. "They make engine parts for drones," whispered Sarah.

The Chinese delegate's leader said, "I am most curious to see how protesters are handled in your country."

TO BE CONTINUED ...

Random biz fact of the day

70%

Anything to get the gig — 70 per cent of college students would lie on a resumé to get a job they wanted.

SOURCE: NEXCAREER

Random fact of the day

- There is a new English word created every 98 minutes — or about 14.7 words per day.

SOURCE: OMG-FACTS.COM

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IT'S ABOUT PARTIES, NOT POLITICAL ONES

HE SAYS

John Mazerolle
metronews.ca

Are you sick of talking about Canadian politics? Then let's discuss drinking, gossip and the need for appearances. It'll be a nice change of pace.

Specifically, let's talk about Christmas office parties. Because unlike politicians, Christmas never wears out its welcome. That's why Starbucks' Christmas decorations were rolled out this year just in time for the summer solstice. It's also why holiday events stretch on for weeks of gingerbread-and-icing-laced excess, like an anti-Lent.

I, for instance, have three different work-related Christmas parties coming up. And hooray, because what better way to throw off the shackles of work than to get together with a bunch of people you work with and discuss work? You can just feel yourself unwind.

Admittedly, footloose behaviour can often be the most memorable element of a Christmas office party. My strongest memory from the first one I went to was Barb the secretary. Barb was the sort of secretary who had an eyeglasses chain, patterned flower dresses, and enough years behind her that she found nothing offensive about the words "Barb" or "secretary."

She was usually very staid, but at this party — well, you think Wrecking Ball was shocking. Some people say things like the Berlin Wall or Paul Henderson are the defining memories of their youth. I have Barb dancing on her chair with a rum and Coke in each hand.

Barb's brand of behaviour is why so many etiquette columns advise you to attend a party full of food, drink and friends and then nibble, sip and mumble your way through the night, because, "you're being watched by your superiors at all times." What fun!

Well, I say deck that advice right in the halls. If I'm going to attend three of these things this year, then I'm going to Be Like Barb, even as I remain a gracious guest.

Here are a few office party etiquette tips I've come up with that will allow you to embrace the Christmas spirit(s).

- Most experts advise you shouldn't have more than two alcoholic drinks with office buddies, so bring an enormous canister to drink from.
- Kissing a co-worker is always a grey area so remember that mistletoe provides full diplomatic immunity, as is written in the Geneva Convention.
- If The Christmas Shoes, Simply Having a Wonderful Christmas Time or Jingle Bell Rock come over any sound system, you will be within your rights to end the party and burn the building to the ground. Dignity demands it.
- Show superiors your work ethic, even in a casual setting, by working extra hard in the rumour mill.
- Remember that if you get blackout drunk, you shouldn't worry about what happened because everyone will record it on their cellphones anyway.
- Perhaps most importantly, don't overstay your welcome, especially if your hosts are hinting strongly that it's time to go.

Which would normally bring us back to Canadian politics, but I'm sick of talking about it, so let's move on. It's in the past and what's done and done. Besides, if politicians' ifs and buts were candy and nuts, every day would be Christmas.

ZOOM

No word from PM as activists charged

GRAHAM HUGHES/THE CANADIAN PRESS

Quebec protesters demand action

A Greenpeace activist protests on top of the Biosphere in Montreal, Wednesday, calling for the release of his colleagues who are being held in Russia on various charges including piracy.

THE CANADIAN PRESS

Harper?

- A Greenpeace spokesman says the group is surprised by the silence of the Harper government, which it says still has not publicly intervened to denounce the attitude of the Russian government in the arrests.

One Canadian still in Russian prison

The three Greenpeace protesters who scaled Montreal's Biosphere structure Wednesday will face criminal charges.

They came down on their own and surrendered to police after several hours perched from the federally owned dome.

Two Canadians were among the 28 Greenpeace activists arrested by Russian authorities during a protest at a Gazprom oil-drilling platform in the Arctic Circle in October.

One of the two Canadians — Alexandre Paul — remains behind bars while Paul Ruzycki was granted bail earlier this week. THE CANADIAN PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bob Dylan's camp finally got around to releasing an official video for Like a Rolling Stone. Gathering no moss, the ultra-modern clip for the 1965 song is a wacky interactive experience of channel surfing through celebrities and humble folk alike. See it for yourself at video.bobdylan.com, and, check out these others, too.

Bob Dylan GETTY IMAGES

Arcade Fire – Reflektor:

The sartorially demanding band are old hands at the interactive video game, debuting the trick with a childhood-mining experience for We Used To Wait (thewildernessdowntown.com) in 2010. Reflektor provides a similarly personal stamp, this time allowing you to use a phone or tablet to become a passenger on a woman's adventures in Haiti. (justareflektor.com)

Death By Chocolate – Tell Me What You See:

A conundrum. How to make a largely forgettable modern rock song stand out from the crowd? The answer is deceptively simple, of course. Allow mouse-wielding sadists to conduct high-concept torture (i.e. an aggressive bath from a milk balloon or a flounder to the face) on a helpless man. All in slow motion. (tellmewhatyousee.ch)

The Interactive Saved By The Bell Game:

A very funny 16-bit-style slice of choose your own adventure fan fiction. Find out what it's like to be Zack Morris, enduring the pressure of your high school's entire social structure revolving around you for some reason. (youtube.com/thefinebros)

Twitter

@metropicks asked: Traffic circles are picking up momentum in Canada because they're safe and good for the environment. What's your take?

@21stCenturyLeft: They have to be done right if they're going to be implemented. Size matters with traffic circles.

@monahb: we have (two) nearby and they are just great. Took a while for some drivers to figure them out.

@Breezy_Liz: try driving in the #UK come back and sigh #OhCanada! Our roads are fabulous! #crossroads

@DerickONeill: we have them in Ireland they are an absolute nightmare. Some have lights right beside them so cars get backed up on

@bzalu: they are joke (a) in Winnipeg, intersections are not large enough to accommodate .

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Plenty of fish, one Whale

Making waves. The five-piece Vancouver band strikes a chord with both sweethearts and the sorrowful with newest album

JACOB MORGAN
Backstage Pass
saskatoon@metronews.ca

Said the Whale swims to Saskatchewan at the end of the month, playing Regina on Nov. 26 at the Exchange and in Saskatoon on Nov. 27 at the Broadway Theatre. VANESSA HEINS / CONTRIBUTED

On Said the Whale's latest album, hawaiii, the Vancouver band delivers the power-pop they're known for while still swimming in uncharted waters.

Founding member Tyler Bancroft says this wasn't a calculated move, but rather a natural progression for the Juno Award-winning indie rockers.

"The best game plan is no game plan," Bancroft told Metro over the phone from Kingston, Ont., where Said the Whale were preparing for one of many sold-out shows on their cross-Canada tour.

A good indication of the broad range of emotions explored is in the contrast between the first two singles off the record — I Love You is an upbeat foot-stomper and Mother is more self-reflective.

"I definitely think it's the most diverse one that we've done so far," said Bancroft.

However, the biggest surprise on hawaiii comes in the form of the tear-jerking track Helpless Son, which tugs at the listener's heartstrings without resorting to cliché.

Bancroft, whose mom underwent cancer treatments when he was 13, said the song is about watching a loved one grow old and being unable to do anything about it.

"It's a subject that affects everybody," he said. "It was upsetting to write but at the same time it was a bit of a release."

Although Bancroft and fellow songwriter Ben Worcester can move seamlessly from celebratory to somber, there is an overall cohesiveness to the piece.

"The songs are quite striking and evocative," said Bancroft.

This feeling is summed up in the album cover, he added, which depicts a grainy photograph from 1962 of a South African plane swooping down too close to a beach.

After finding the image on blogging site Tumblr, Bancroft actually connected with the pilot through the social network LinkedIn and found out the stunt was pulled on a dare.

"In hindsight it was a totally illegal move because he was supposed to be 200 feet in the air, minimum," said Bancroft. "But he just went for it in the name of fun."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Santa came through for mom-to-be Kelly

Kelly Clarkson wasn't joking when she said she was planning to get started on that family as soon as possible after marrying Brandon Blackstock last month. The singer took to Twitter this week with some very big news: "I'm pregnant! Brandon and I are so excited! Best early Christmas present ever," she wrote. As recently as Oct. 30, during a radio interview, Clarkson was hinting about her holiday wish list. "Everybody keeps saying, 'What do you want for Christmas?' she said. "And I'm like, 'I want to be pregnant.'"

Kelly Clarkson

Brody blindsides his girl with abrupt proposal

Former The O.C. star Adam Brody knows how to catch a girl off-guard. He reportedly blindsided girlfriend and former Gossip Girl star Leighton Meester with a marriage proposal, according to Star magazine. "Leighton and Adam are crazy about each other and have talked about getting married eventually," a source explains. "But she had no idea he would propose so soon. It was the surprise of her life and she's ecstatic. Right now their plan is to get married next summer. They are still deciding on (where to do it.)"

Adam Brody

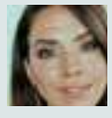
Angelina Jolie. ALL IMAGES GETTY

Don't wine about a thing Angie, your life is perfect

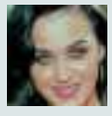
Angelina Jolie is having a pretty good week, accolade-wise. The actress and director, who picked up an honorary Oscar at the Governor's Awards earlier this week, also has a hit wine on her hands. Wine Spectator has named the Jolie-Pitt & Perrin Cotes de Provence Rose Miraval the best rosé wine in the world. The wine is "refined and elegant, offering pure and concentrated flavours of dried red berry, tangerine and melon," managing editor Kim Marcus writes. "The focused finish features flint and spice notes, with a hint of cream." A bottle retails for $28, for those looking to share in the celebration.

Twitter

@LouisTomlinson
Got woke up to find out I got hacked ! Working on re-following people now sorryyyyy :(Big loveeee!!



@WhitneyCummings
If I didn't text you back it means I texted someone else by accident



@katyperry
Yes, unconditional love sometimes feels like being hit by a car... Or being on fire... How does it feel to you?

Yes Adam it's true, you're 2013's Sexiest Man

Look upon him and weep, all ye lesser men, for People has named Adam Levine 2013's Sexiest Man Alive. Channing Tatum, 2012's Sexiest Man Alive, is like dirt to us now.

The Maroon 5 singer has had plenty of chances to drum up votes in his campaign for the office: He's kind of been everywhere this year. He's a judge on The Voice, he's shooting a movie with Keira Knightley called Can a Song Save Your Life? (is it a Maroon 5 song?) and he has a clothing line at Kmart. Serious question: Is it possible to shop at Kmart and buy a piece of clothing not designed by a celebrity? Every single one of them seems to have one.

Adam Levine

"As a musician, you have fantasies that you want to win Grammys, but I didn't really think that this was on the table," the singer told People. "I was just amazed and stunned and it almost seemed like they were kidding, but they weren't, so that's cool."

They could still be kidding! Maybe it's a long con. Adam comes in for his cover shoot and just as the shutter snaps, People dumps a bucket of pig's blood over his head. Run, Adam! It's a trap! They're all going to laugh at you! Don't use your telekinetic powers, People magazine's not worth it!

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Model call: Kloss is now in session

Vogue Paris named Karlie Kloss one of the top 30 models of the 2000s.
GETTY IMAGES

Over the buzz of the blow dryer, we caught up with supermodel Karlie Kloss behind-the-scenes of the Victoria's Secret Fashion Show. Wearing bell bottoms and a pink robe, Kloss was the picture of composure in her styling chair — a calm contrast to the frantic stylists and press running around the huge pink room. The newly 21-year-old Angel lets us in on her chopped locks and face favourites.

You debuted a drastic haircut last year. Are you planning on growing it out?
I am loving the short hair.

Eau de Cheveux

"When you're with a boy, it's always nice to have your hair smell good! It's better than perfume."
Karlie Kloss

That's the thing about a great cut — you don't have to style it. I find my short hair to be so much easier in the morning. And it's different for me. I've never done this before. Last year at this time was when I first cut it and shocked everyone. I've gotten used to it now and I really love it.

Any beauty tips or products you're loving?
There's this line that Victoria's Secret has called So Sexy that smells so good. There's something about the shampoo and the conditioner. When you're with a boy, it's always nice to have your hair smell good! It's better than perfume. I also love when I'm going out for a night and wearing a short dress, to put a little bit of olive oil on my hands, and put it onto my legs. I just rub it on my skin for a nice sheen. It looks really good and it photographs really nicely.

A merry makeover to everyone

At lash, my blush has come along. Dolce & Gabbana's makeup guru is all about bold as the weather gets cold

TINA CHADHA
Metro World News

Put your favourite orange lipstick away already: Dolce & Gabbana national makeup artist Christian McCulloch says that fall/winter is all about the richer tones, like fuchsia and burgundy.

To style the new bold pout, go easy on the eyes, he says.

"It's fresher without a heavy eye," says McCulloch. "A pale shadow, like a gold or champagne, is really pretty and easy, because it doesn't require precision. Just something shimmery across your eyelid with great lashes."

Christian McCulloch
CONTRIBUTED

But what's the makeup artist — who gets Scarlett Johansson and Michelle Williams red-carpet ready — really loving?

"My big thing at the moment is lashes and lips," says McCulloch. "Really amazing lashes, maybe with a winged eyeliner." He shows us how to create the look.

Create a cat-eye
"It's tricky," admits McCulloch. He suggests sketching out your line softly first with a pencil. "This is to see the angle, and to see how it looks with your eye open before you go in with a liquid applicator," he says. "If you paint a flick on an eye when it's closed, it can look a bit too horizontal when you open your eye. Look in the mirror and see where you want that flick, and then create a tiny dot with a pencil and paint from that dot down toward the corner of your lashes. I also take the pencil and run it along the inner rim of the eye, top and bottom. That'll create that (feline) Sophia Loren, Audrey Hepburn look."

Thick or thin?
"I like a thicker cat eye," says the artist. "Thick is cool; it makes it strong. It doesn't have to be Amy Winehouse-level, but that Kate Moss-y thing is nice."

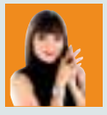
Now for the cheeks
"I'm not one for heavy-duty cheek colour," says McCulloch. "But I do love to bring in bronzer to the cheek through winter. In winter, you want a little colour in your face too! Dolce & Gabbana has a bronzing colour called Desert, which I use for contouring. The two blush colours I use most are an apricot and a pale pink to create a soft flush on the cheek."

Party-ready
"I always like sparkle. Shimmery and metallic eye shadows are fun. Also, liquid liner is a great party look. I think a liner along the lash line and winged out is beautiful."

His must-haves

- **Dolce & Gabbana Passion Duo lipstick in Feminine.** "It's a pinky-brown with a little bit of shimmer in it." $35, saksfifthavenue.com
- **A good lip balm.** "Nuxe has a lovely, waxy honey lip balm, which is great conditioning for the winter." Nuxe Reve de Miel lip balm, $19, amazon.com
- **Dolce & Gabbana Passion Eyes mascara.** "The new mascara actually has a curling quality. We've all been quite shocked that it actually lifts and curls the lashes without having to use an eyelash curler prior." $32, sephora.com

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

With my hunky firefighter #heroes who helped raise lots of money @HRRH_Foundation benefit tonite #onfire #call911

Chic afternoon on Chabanel! Working in #Montreal with @DerubTania on @EDITbyJeanneB FW2014

Trends Report

Tired of the same old long hair styles? Have you considered rocking a pixie cut, like Hunger Games star Jennifer Lawrence? You may be nervous to take the bold snip but don't be! Go online to Trends Report to see how one woman transformed her long locks into a fierce pixie cut.

Follow Irene on twitter @MetroIreneK or on Instagram: kuanirene

metronews.ca/voices/trends-report

A low in calories and fat chocolatey peanut butter indulgence? Rejoice!

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Peanut butter, cheesecake and chocolate flavours combine to make this an outstanding, decadent dessert. I keep the fat and calories down by using a combination of ricotta and light cream cheese and more cocoa powder than chocolate.

1. Preheat the oven to 350 F. Lightly coat a 9-inch springform pan with cooking spray.

2. To make the brownie layer beat together the sugar, oil, egg and vanilla in a bowl. In another bowl, stir together the flour, cocoa and baking powder. Stir the wet mixture into the dry mixture just until combined. Stir in the sour cream and chocolate chips. Pour the mixture into the pan.

3. To make the cheesecake layer combine the ricotta, sugar, cream cheese, sour cream, peanut butter, egg, flour and vanilla in a food processor. Process until smooth. Pour the mixture on top of the brownie layer.

4. Bake the cheesecake in the centre of the oven for 35 minutes. The brownie layer may rise slightly around the edges. Chill before serving. Decorate with the icing sugar (with optional chocolate sauce and toasted peanuts).

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN.

Ingredients

Brownie Layer
- 2/3 cup granulated sugar
- 1/4 cup vegetable oil
- 1 large egg
- 1 tsp vanilla extract
- 1/3 cup all-purpose flour
- 1/3 cup unsweetened cocoa powder
- 1 tsp baking powder
- 1/4 cup reduced-fat sour cream
- 1/4 cup semisweet chocolate chips

Cheesecake Layer
- 1 1/2 cups reduced-fat ricotta cheese
- 1 cup granulated sugar
- 1/2 cup softened reduced-fat cream cheese
- 1/3 cup reduced-fat sour cream
- 1/3 cup smooth natural peanut butter
- 1 large egg
- 2 tbsp all-purpose flour
- 1 1/2 tsp vanilla extract
- icing sugar for decoration

Peanut Butter Brownie Cheesecake

This recipe serves 12 and is 304 calories and 14 grams of fat per serving. ROSE REISMAN

For your phone

Cake-Boy Classics (iPhone/iPad/ Android; $6.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This outrageously styled pastry app offers flavourful cheesecakes, inventive tarts, and heartwarming dessert classics. It includes videos, timers, recipe finders, and a basics guide to help you invent your own.

So picture perfect you'll want to take a selfie with it

A serving of this Tiramisu is 264 calories and 8 grams of fat. NEWS CANADA

Delight your guests with this delicious yet surprisingly guilt-free Tiramisu. Ideal to take along to either work or family parties, this Italian delicacy is a great, time-saving dessert that can be prepared up to eight hours in advance and served as needed. Lightly sweetened with naturally-sourced stevia, it's the perfect way to sensibly indulge.

1. Combine coffee and one packet of Pure Via Turbinado. Stir until the sweetener is dissolved. Let coffee cool until lukewarm.

2. Meanwhile, whisk together ricotta cheese, whipped topping, the additional Pure Via Turbinado sweetener and vanilla. Refrigerate until ready to use.

3. Place coffee in shallow bowl. Dip four of the ladyfingers into coffee and let stand about five seconds.

4. Remove and place two ladyfingers side by side on a plate for each tiramisu. Spread each tiramisu with 1/4 of the ricotta mixture. Sprinkle each with 1/4 teaspoon (1 ml) of the cocoa. Repeat dipping and layering. Discard any remaining coffee.

5. Refrigerate, covered with plastic wrap, at least two and up to eight hours before serving. NEWS CANADA/ PUREVIA.CA

Ingredients

- 1/2 cup (125 ml) warm, strong coffee
- 9 packets or 4 1/2 tsp Pure Via Turbinado Raw Cane sugar and stevia blend sweetener
- 1/2 cup (125 ml) part-skim ricotta cheese
- 1/2 cup (125 ml) prepared light whipped topping
- 1/2 tsp (2 ml) vanilla extract
- 8 crisp ladyfingers
- 1 tsp (5 ml) unsweetened cocoa

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I've got cabin fever

Baby, it's cold outside. Now that the summer cottage is a distant memory, warm up your space with these retro lodge accessories. They'll help take you back to the country.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Iconic art, now available for the sofa. Charles Pachter Baywatch Pillow, $95, thebay.com.

Take a walk on the wild side — this rug combines style, whimsy and comfort underfoot. Tufted six by eight foot Ursine Rug, $1,000 US, anthropologie.com.

Dream of the slopes while you're eating breakfast. Retro Vinyl Ski Place Mat, $3.50, simons.ca.

From baking a cake to frying fish, cast iron is the little black dress of the kitchen. Lodge Cast Iron Grill Pan, $25, westelm.com.

Keep your electronics cozy yet stylish during the winter. Luxe Faux Fur iPad Case, $39 US, restorationhardware.com.

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THE STYLISH COMFORTS OF FONTAINE BLEU

Fontaine Bleu is a stylish condominium project surrounded by an environmental reserve and park space in Harbour Landing. The first phase will be ready for possession in May 2014 and is already 75 per cent sold.

"Our goal is to bring a product to Harbour Landing that is a bit different from anything else that is there," says Dwain Anderson, owner of Anderson Builders Group. "I think people are going to be excited to see what Fontaine Bleu has to offer."

A recent appraisal by Crown Appraisals looked at several of the units still available for sale. Unit 303D was appraised at $330,000.

"The subject is currently offered for sale with no upgrades at an asking price of $264,900 plus GST," Brent Machuk says in his report. "This asking price is well below the range of values indicated by the direct comparison approach to value."

The amenities are also unique and full of style, including a pet washing station in the heated underground parking garage, a fitness room, a theatre room, and a suite residents can reserve for their out-of-town guests.

CONTRIBUTED

"Condo living appeals to a large demographic of people because of the convenience," Anderson says. "We wanted to make sure we offer them all that they need to make life easier, making more time for all that matters in their lives."

Phase 2 units in Fontaine Bleu can now be reserved. A one bedroom plus den starts at $199,000, and standards include central air conditioning, stainless steel appliances, and front-load laundry.

And with a theme reminiscent of the style and glamour of the 1960s, all the interior finishing packages are named after stars of the era. The standard is a James Dean package, followed by Frank Sinatra, Elizabeth Taylor and, finally, Marilyn Monroe.

"In the Marilyn Monroe package we had to play to who Marilyn Monroe was, and what she's remembered for — one thing being her bright red lips," says Connie Wolbaum, project development manager. "The Marilyn packages exude that, with one of them being black leather flooring, gloss white cabinetry, a red quartz countertop, and a bling-like backsplash. I'm sure Marilyn would be proud."

What perhaps is most impressive about Fontaine Bleu is the price. There are still some two-bedroom, two-bathroom units available in Phase 1 that start at $254,900 with possession dates this spring.

An on-site show suite will be opening soon showcasing the Elizabeth Taylor upgrade package.

For more, visit fontainebleu.ca.

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CHOOSE YOUR HOME, YOUR WAY

Freedom to choose the home that's right for you and your family is important, and that's why the Red Door Venture Group created a program designed for homebuyers to have choice.

The Red Door Rural Program by Red Door Venture Group is the perfect opportunity for homebuyers to create their happy ending when it comes time to choose a home, says company spokesperson Jaimey Midtdal.

The program allows buyers to select their preferred home style from a range of four diverse floor plans while also choosing their desired location from a varying range of pre-approved neighbourhoods.

"We wanted to make sure our buyers didn't have to compromise on either their home model or the location," Midtdal says. "The range of four homes is perfect for a variety of buyers, from those purchasing a home for the first time to more established buyers looking for room to grow."

The Red Door Rural Program is comprised of home models in pre-approved neighbourhoods throughout southern Saskatchewan, but unlike most housing developments, each home is CSA-approved, pre-built and move-in-ready so buyers don't have to wait.

"Buyers of other developments often have to wait for more than a year for their new home to be completed, but we wanted to do something different for our customers. We wanted customers to be able to get excited about their new home purchase — and then actually get to live there."

CONTRIBUTED

With four practical floor plans ranging in size from 1,000 square feet to 1,300 square feet, there is room to grow in the homes, Midtdal says.

Athabasca, Greenwater, Blackstrap and Cypress all feature two- or three-bedroom floor plans, with Athabasca being the largest and including a master bedroom with a walk-in closet. Greenwater has space for a family, with three bedrooms, one bath and a large open kitchen with a walk-in pantry.

For individuals or couples who are thinking about starting a family, Blackstrap is a great selection with two bedrooms and one bath featuring a practical main-floor laundry.

Cypress also has everything at a slightly smaller scale for buyers looking for a simple size but still features three bedrooms and one bathroom.

For more information, please visit RedDoorVentureGroup.ca.

ADDED VALUE

There's no place like home.

A home is a living space but it's also a lifetime investment that can grow value over the years, which is why it's important to protect and enhance the return.

Renovations can be financially intimidating but when done properly, homeowners can find ways to rejuvenate the home without breaking the bank.

1 Kitchen. The kitchen is arguably one of the most important rooms in the house and cabinets can make or break a room. If the cabinets and drawers are starting to become dated, a simple paint job can make a difference. Mix up the colours for a new look.

2 Paint the walls. Painting is one of the most cost-effective ways of improving a home's look and increasing its value. Not just the interior but the exterior, too. Painting can brighten up rooms and work magic.

3 Lighting. Replace your damaged, dated or just tacky lighting and go with simple and clean looks. Lighting can go a long way in how a home appears.

BRIMMING WITH OPPORTUNITY

Real estate developers and industry insiders are watching Saskatchewan with a keen eye as the province has blossomed into the land of promise.

The Prairie province's economic growth potential should be seen as a wealth of future opportunity for the real estate sector, says Jaimey Midtdal, spokesperson for the Red Door Venture Group.

The Regina-based real estate marketing company is taking advantage of the province's endless solid economic foundations and is starting to build a variety of some of the best valued homes in the country, Midtdal says.

"There is real estate potential as far as the eye can see in Saskatchewan and it is potential that investors should be taking advantage of. The amount of undeveloped land has attracted real estate developers who see a bright future and burgeoning economy."

And all of the promise and opportunity is solidifying Saskatchewan as a place where people from across the country want to live, work and grow.

"The boom in immigration and increased job opportunities are making Saskatchewan one of the best places in Canada to buy a home," Midtdal says. "It's growth we're proud to be a part of. We turn good ideas into profit for our customers while giving them the tools they need."

The company is teaming up with outstanding local developers to deliver high-quality developments across the province. The vast amount of undeveloped land in Saskatchewan has left the real estate market open for new and innovative real estate opportunities for developers and for buyers, Midtdal says.

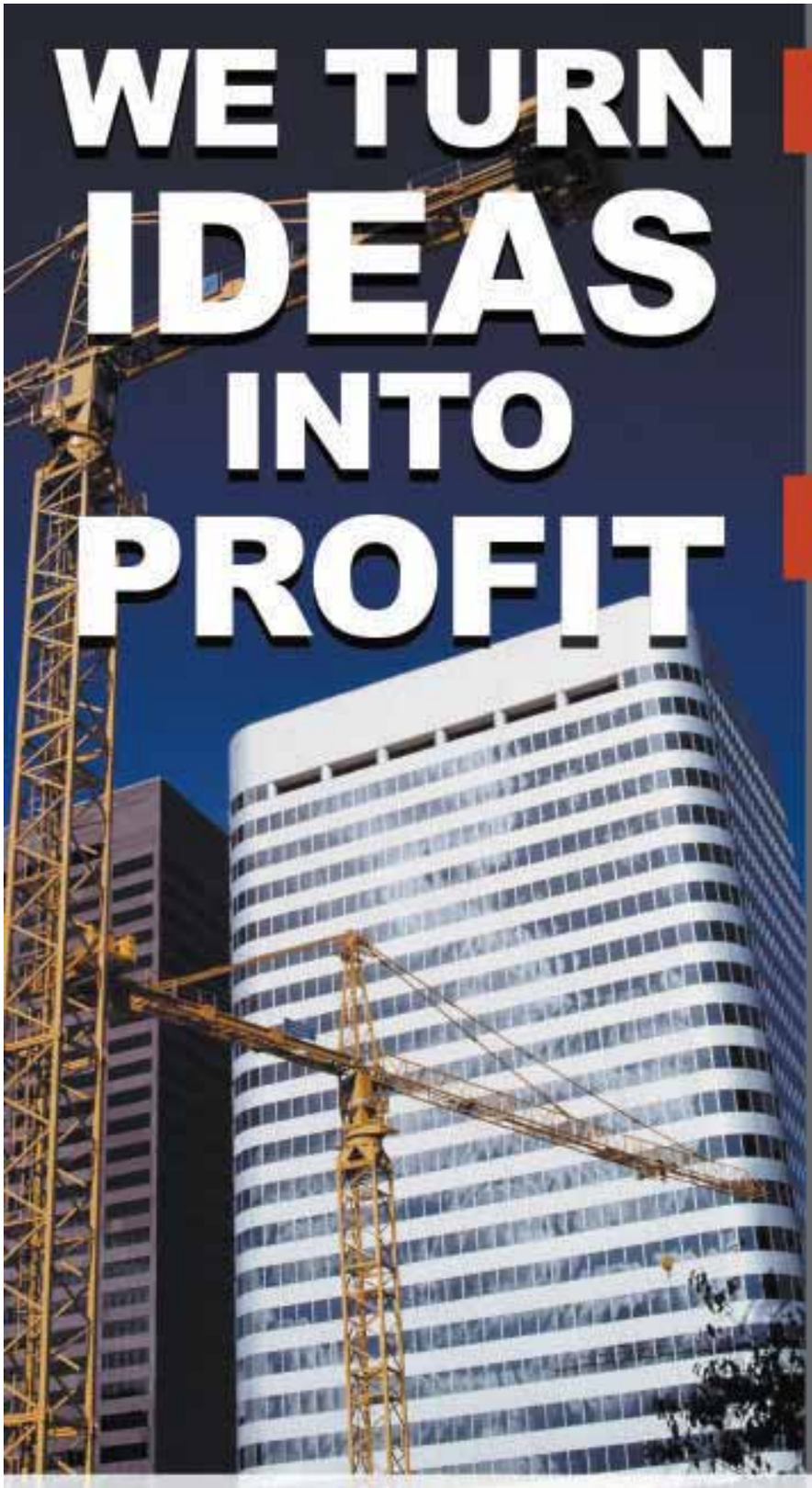
"The province's solid economic foundation has allowed unprecedented growth in Saskatchewan, and the real estate market has followed suit. We have innovated the way people buy homes."

Red Door Venture Group works with developers starting at the land acquisition stage and all the way through to the concept design and even sales.

COLOURBOX

For more about Red Door Venture Group or to schedule a complementary consultation, visit RedDoorVentureGroup.ca.

WE TURN IDEAS INTO PROFIT



WHO ARE WE?

Red Door Venture Group is a multi-faceted firm dedicated to real estate developers that are looking to make their mark in the booming province of Saskatchewan. Our commitment is to produce turn-key developments for clients from land acquisition to concept and design to sales. We have an easy all-service system available to our clients. Whether you are a long-term Saskatchewan developer or a new developer interested in Saskatchewan, we are the ones to turn to.

OUR VALUES

Excellence
We take the most precise, concise, consistent approach when getting things done.

Ethics
We treat people with respect and interest, tailoring our interactions with them.

Accountability At All Levels
We do what we say we are going to do.

Confidentiality
We are entrusted with information that becomes our business and we keep it our business.

Loyalty
We are loyal to our customers and each other.

Trustworthy
People experience us as genuine, authentic and real.

Collaboration
We continuously teach and learn from each other.

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Austin once again has hand in Riders' fate

Grey Cup. Saskatchewan football legend returns to Mosaic with chance to break hearts of province's pigskin fans

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Tiger-Cats head coach Kent Austin oversees practice on Wednesday at Mosaic Stadium. NATHAN DENETTE/THE CANADIAN PRESS

As a player and then a head coach, Kent Austin played a crucial role in the Saskatchewan Roughriders' two most recent Grey Cup championships.

And as fate would have it, Austin will once again step to the forefront of another Riders Grey Cup drive — either as spoiler or vanquished foe.

"It's a pretty big honour … this organization has meant a lot to me and my family," Austin, in his role as head coach of the East Division champion Hamilton Tiger-Cats, said on Wednesday at a pre-Grey Cup coaches' press conference.

"(My family is) proud to have a history here, both with the team and community."

Saskatchewan head coach Corey Chamblin said that Austin "has a great history here" and that "it's a really good experience to have both of us here."

At Mosaic Stadium on Sunday, Austin's Tiger-Cats will try to prevent the Riders from becoming the third consecutive CFL franchise to win the league's big prize on home turf.

Standing in the way of the Green and White's first title since 2007 is a resilient Hamilton team helmed by quarterback Henry Burris, a former Rider who has had a renaissance season under centre with the Ticats.

For Chamblin, the buzzword is focus as he aims to steer his team clear of overwhelming hype that has whipped Saskatchewan into a frenzy since the Roughriders' win over the Calgary Stampeders in the West Division final last weekend.

Just don't expect any sort of traditional pre-game sex restrictions on his players before Sunday.

"The biggest thing is I want our guys to be focused. And if that's what it takes them to win a championship, then go right ahead," Chamblin quipped.

"If they win the championship, they'll have a lot of it."

Tiger-Cats wide receiver Brandon Banks, left, and running back Chevon Walker warm their hands during a practice Wednesday. PAUL CHIASSON/THE CANADIAN PRESS

Grey Cup. Tabbies get first taste of Prairie chill

For Hamilton Tiger-Cats like Josh Bartel, Mosaic Stadium might as well have been on Pluto given the frigid temperatures Wednesday.

The Eastern champion Ticats ventured outside into the Grey Cup deep freeze and it didn't take long before players with visors looked like they needed an ice-scraper to see. Warm-air heaters drew a crowd. And when the lengthy practice ended, two snowplows took over the field.

The Hamilton players exchanged helmets for Grey Cup tuques and happily headed for the warmth of their hotel.

"I've told the boys that I'm going to be doing a lot of complaining (Sunday)," said Bartel, Hamilton's Australian punter.

The temperature was listed at minus-16 but it felt like minus-28. THE CANADIAN PRESS

MLB

Source says Fielder traded by Tigers

A person with knowledge of the deal says the Detroit Tigers and Texas have agreed to a trade that would send slugger Prince Fielder to the Rangers for second baseman Ian Kinsler. The person spoke on condition of anonymity Wednesday night. THE ASSOCIATED PRESS

Tennis

Bouchard named newcomer of 2013

Canadian Eugenie Bouchard is the WTA's newcomer of the year after reaching at least the quarter-finals five times in the 2013 season.

The 19-year-old Montreal native is ranked No. 32 in the world, tops among teenagers and Canadians. She reached her first WTA final in Osaka last month. THE CANADIAN PRESS

Downhill skiing

Vonn's Olympic hopes in jeopardy

Lindsey Vonn partially tore one of the reconstructed ligaments in her surgically repaired right knee in a training crash that at the very least puts her preparation for the Sochi Olympics on hold. Vonn has not competed since needing surgery to fix her ACL and MCL after a crash nine months ago. THE ASSOCIATED PRESS

Cycling

Armstrong settles with company

A day before he was scheduled to sworn testimony about his use of performance-enhancing drugs, Lance Armstrong reached a settlement on Wednesday with an insurance company that was seeking $3 million in performance bonuses it paid him from 1999 to 2001. THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
If your instincts tell you to follow a path you would not normally take, do so without hesitation. The Sun's imminent change of sign promises all wonderful adventures for you over the coming four weeks.

♉ Taurus
April 21 - May 21
You will do what is expected of you today but that does not mean you are obligated to do favours for everyone. The most useful thing you can learn over the next 24 hours is to say "no".

♊ Gemini
May 22 - June 21
Loved ones may have found it hard to put their feelings into words in recent weeks but as of tomorrow, they will make up for it. They will come right out and tell you how they feel.

♋ Cancer
June 22 - July 23
You have started many new projects in recent weeks but now you must ask yourself what you are hoping to achieve. Do you really need to work on so many things at once? You know the answer.

♌ Leo
July 24 - Aug. 23
If a project you had high hopes for does not seem to be working, end it. That may sound drastic but as the Sun is about to move into the most dynamic area of your chart you don't have time to waste on failures.

♍ Virgo
Aug. 24 - Sept. 23
You may find it hard to let your hair down over the next few days. Take it as a sign that you have important tasks to perform. You will know when it's time for fun and games.

♎ Libra
Sept. 24 - Oct. 23
A minor argument has been blown out of all proportion and now people who were once your friends can hardly bring themselves to say hello. It's up to you to end this stupidity.

♏ Scorpio
Oct. 24 - Nov. 22
You may find it hard to get along with people today, especially if you have doubts they are on your side. Are you right to be suspicious or is your mind playing tricks? You can't know, so don't take chances.

♐ Sagittarius
Nov. 23 - Dec. 21
You have sacrificed so much in recent weeks and now there is nothing left to give. That's OK. Tomorrow the tide will turn in your favour and it will be you who receives so many amazing things from the universe.

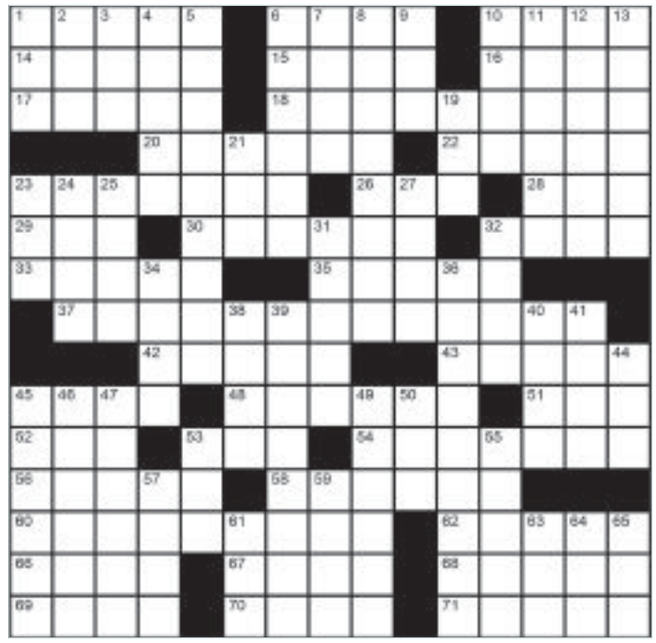
♑ Capricorn
Dec. 22 - Jan. 20
In the greater scheme of things, everything happens for a reason and if you keep your eyes and ears open today it's possible that you may catch a glimpse of the grand design.

♒ Aquarius
Jan. 21 - Feb. 19
Your aim now must be to make friends, make plans and make the most of your talents. It does not matter what other people expect of you, it matters only what you expect of yourself.

♓ Pisces
Feb. 20 - March 20
You may not be aggressive by nature but as the Sun approaches the career angle of your chart today and tomorrow you will certainly be assertive. What is it you desire the most? Take it. SALLY BROMPTON

Crossword: Canada Across and Down

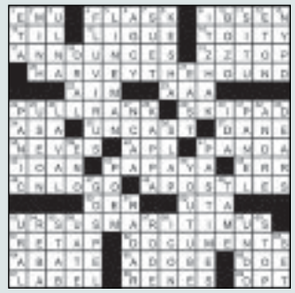
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Comic legend Ms. Burnett
6. Li'l drill instructors
10. Rake's spot
14. 'River Horse', commonly
15. Q. "How do you spell the synonym for 'Precedence'?" A. "P-r-_-_-_-t-y."
16. Ms. Dunham
17. Job type, __. Asst.
18. The Liberals, colloquially: 2 wds.
20. Where Kampala is the capital city
22. '60s abstractionism: 2 wds.
23. PEI: __ Island Provincial Park
26. Yellowknife's locale, for short
28. The Lion
29. Caesar's 106
30. Crop up
32. Port of Yemen
33. When repeated with Zou, French tune Canadian actress Jessica Pare sang on "Mad Men"
35. Island near the Statue of Liberty
37. Hagar The Horrible's family wears these: 2 wds.
42. Honolulu hello
43. Swerved
45. With competence
48. Kilroy's Mr.
51. Bio info
52. Sorrow
53. "Dallas" character
54. La Compagnie de la Baie _'__
56. __ Test Dummies
58. Withstand
60. Schmoozer's greetings: 2 wds.
62. Pondered
66. Say it's nay
67. Buckeye State
68. Keen
69. Celtic language
70. "Because of __-Dixie" (2005)
71. Tibet's neighbour

Down
1. Pussycat Dolls hit: "Don't __"
2. Care
3. Circling stat.
4. Yves Saint Laurent perfume
5. Quebec's fifth largest city
6. John Hancock, in 1776
7. Tragically Hip's Mr. Downie
8. The Bermuda __
9. Kennel command
10. "__ Shot" (1977)
11. Joyfully ring in
12. Menu meal
13. __, Ohio
19. Stove topper
21. Strong-__
23. Banned pollutant, commonly
24. Tel __
25. Inconclusive
27. Water source
31. Sobering spot for celebs
32. Voyaging on the ocean
34. Approve
36. "If you want a partner / Take my hand..." goes this Leonard Cohen tune: 3 wds.
38. Ms. Ephron
39. CBC personality Jian
40. Poetic contraction
41. Kind of lily
44. Hideaway
45. Canuck band, __ Fire
46. Bone-holding digging dog
47. Gains knowledge
49. __-__ favourite
50. Pre-Fri. day, variantly
53. Greek letter
55. Two
57. Canadian singer Ms. Sweetnam
59. No: German
61. Plant seeds
63. "How ya doin'?"
64. Airport posting, for short
65. Benicio __ Toro

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9					8	7
	2	4		9	1			
7			3					
6		1	2		9			
	9						5	
			5		7	2		1
					3			6
			6	2		4	1	
9	4					8		

Yesterday's Sudoku

3	4	5	6	1	9	8	2	7
8	9	7	2	3	4	1	6	5
6	2	1	5	8	7	4	9	3
9	3	4	1	7	5	6	8	2
1	6	8	4	2	3	7	5	9
5	7	2	9	6	8	3	1	4
2	1	9	3	4	6	5	7	8
4	8	6	7	5	2	9	3	1
7	5	3	8	9	1	2	4	6

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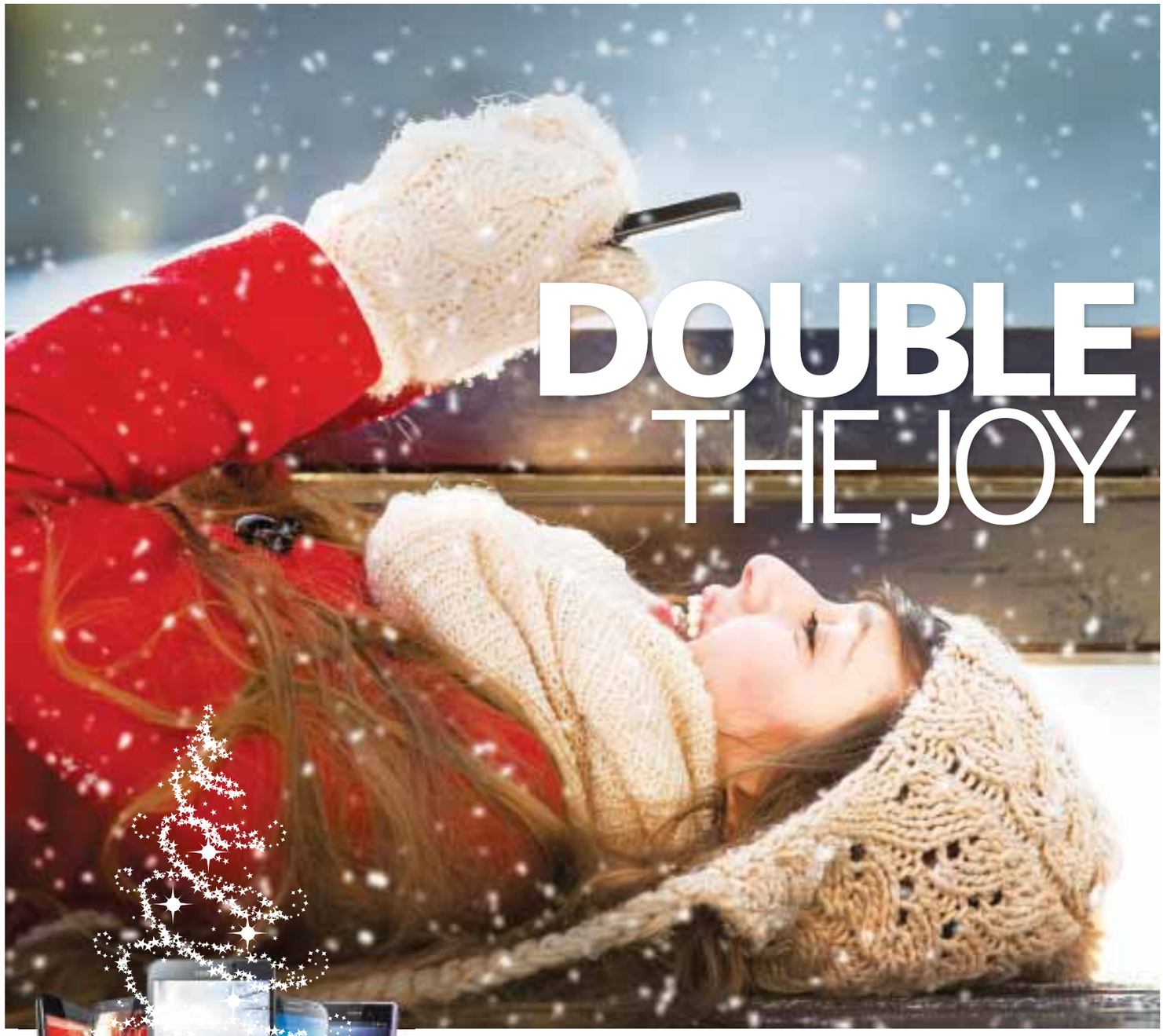

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